

# Wildflowers of Marin

National Park Service  
U.S. Department of the Interior

Marin Headlands  
Golden Gate  
National Recreation Area



Coast Rock Cress \*



California Poppies ▼



Mission Bells \*



Wight's Paintbrush +



Yarrow



Silver Bush Lupine



Crimson Columbine \*



Franciscan Paintbrush +



Sticky Monkeyflower ▼



Seaside Daisy \*



Seep Spring \*



Buttercup \*



Cow Parsnip



Footsteps-of-Spring ▼



Douglas Iris \*



Blue-eyed Grass +



Ithuriel's Spear \*



Western Hound's Tongue \*

Their names are quaint reminders of the poetic language used by early settlers: *Footsteps-of-Spring*, *Baby Blue Eyes*, *Mission Bells*, *Milkmaids*. Their color is vivid, although sometimes you have to crouch low to see it. A walk on the park trails in Marin County during wildflower season January to November is a chance to appreciate the profusion of wildflowers that once graced all of California. For more information about wildflowers, stop at the Marin Headlands Visitor Center.

## Red / Pink Flowers

**Checker-bloom;  
Wild Hollyhock**  
*Sidalcea malvaeflora*  
[March-May, Grasslands]

**Coast Rock Cress (threatened)**  
*Arabis blepharophylla*  
[January-March, Rocky northface slopes]

**Cobweb Thistle**  
*Cirsium occidentale*  
[March-May, Grasslands & Scrub]

**Crimson Columbine**  
*Aquilegia formosa*  
[March-May, Rocky northface slopes]

**Flowering Currant**  
*Ribes sanguineum*  
[January-March, Scrub]

**Farewell to Spring**  
*Clarkia amoena*  
[June-November, Grasslands & Rocky northface slopes]

**Franciscan Paintbrush**  
*Castilleja franciscana*  
[March-May, Grasslands]

**Shooting Star**  
*Dodecatheon hendersonii*  
[January-March, Rocky northface slopes]

**Seaside Daisy**  
*Erigeron glaucus*  
[March-May, Grasslands]

**Wild Buckwheat**  
*Eriogonum latifolium*  
[June-November, Rocky northface slopes]

## Orange Flowers

**California Poppy**  
*Eschscholzia californica*  
[March-November, Grasslands]

**Sticky or Bush Monkeyflower**  
*Mimulus aurantiacus*  
[June-November, Scrub]

## Brown / Green Flower

**Mission Bells**  
*Fritillaria lanceolata*  
[March-May, Rocky northface slopes]

## Yellow Flowers

**California Buttercup**  
*Ranunculus californicus*  
[March-May, Grasslands & Rocky northface slopes]

**Footsteps-of-Spring**  
*Sanicula arctopoides*  
[January-March, Grasslands]

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*To see a World in a Grain of Sand  
And a Heaven in a Wild Flower,  
Hold Infinity in the palm of your hand  
And Eternity in an hour.*  
  
-- William Blake

**Live Forever**  
*Dudley farinosa*  
[June-November, Rocky northface slopes]

**Lizard Tail**  
*Eriophyllum staechadifolium*  
[June-November, Scrub]

**Monkeyflower; Seep Spring**  
*Mimulus guttatus*  
[January-May, Rocky northface slopes]

**Narrow-leaf Mule-ears**  
*Wyethia angustifolia*  
[March-May, Grasslands]

**Sun Cup**  
*Camissonia ovata*  
[January-March, Grasslands]

**Wight's Indian Paintbrush**  
*Castilleja wightii*  
[March-May, Grasslands & Scrub]

**White Flowers**

**Angelica**  
*Angelica hendersonii*  
[January-November, Rocky northface slopes]

**Cow Parsnip**  
*Heracleum lanatum*  
[March-May, Scrub]

**Douglas Iris; Lavendar**  
*Iris douglasiana*  
[March-May, Grasslands]

**Franciscan Wallflower**  
*Erysimum franciscanum*  
[January-May, Grasslands & Rocky northface slopes]

**Milkmaids**  
*Cardamine californica*  
[January-March, Rocky northface slopes]

**Pearly Everlasting**  
*Anaphalis margaritacea*  
[June-November, Scrub]

**Soap Plant**  
*Chlorogalum pomeridianum*  
[March-May, Grasslands & Scrub]

**Star Lily; Zygadene**  
*Zigadenus fremontii*  
[January-May, Grasslands]

**Yarrow**  
*Achillea millefolium*  
[June-November, Scrub]

**Blue / Violet Flowers**

**Blue Dicks**  
*Dichelostemma pulchellum*  
[March-May, Grasslands]

**Blue-Eyed Grass**  
*Sisyrinchium bellum*  
[March-May, Grasslands]

**Broadleaf Aster**  
*Aster radulinus*  
[June-November, Scrub]

**Harvest Brodiaea**  
*Brodiaea elegans*  
[March-May, Grasslands]

**Ithuriel's Spear**  
*Triteleia laxa*  
[March-May, Grasslands]

**Purple Sanicle**  
*Sanicula bipinnatifida*  
[March-May, Grasslands]

**Rock Phacelia**  
*Phacelia californica*  
[March-May, Rocky northface slopes]

**Silver Bush Lupine**  
*Lupinus albifrons*  
[March-May, Grasslands & Rocky northface slopes]

**Sky Lupine**  
*Lupinus nanus*  
[March-May, Grasslands]

**Western Hound's Tongue**  
*Cynoglossum grande*  
[January-March, Rockly northface slopes]

*Please leave all flowers for others to enjoy! Please don't pick the flowers.*